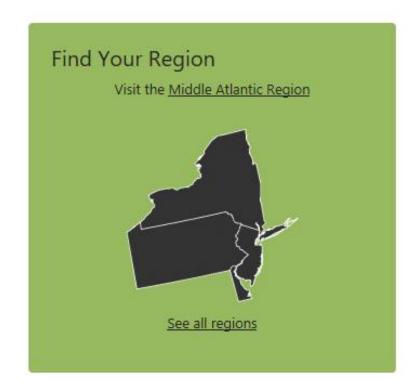
What is NLM?

- World's largest biomedical library
- ► Founded in 1836

Mission: enabling biomedical research, supporting health care and public health, and promoting healthy behavior

What is NNLM?

- NNLM is coordinated by the National Library of Medicine and has a mission to:
 - Provide health professionals with equal access to biomedical information
 - Improve the public's access to information to make informed health decisions
- NNLM MAR provides education and training in the region for organizations who provide health information to the general public on:
 - Health information resources
 - Health information program planning
 - Health literacy



- NLM main portal for consumer health information
- Offers information on over 1,000 health topics, medications and supplements
- Available in English and Spanish





HEALTH

FITNESS

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WEIGHT LOSS

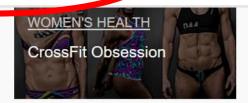
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'I Did A Low-Carb Diet For 2 Weeks-Here's How Much Weight I Lost'

This shockingly easy plan allowed wine AND cheese.

Check with your doctor or health care provider be Many carbohydrates occur naturally in But most studies have found that at 12 or 24 months, the benefits of a low-carb diet are not very large. found in whole grains and legumes, or the Grains Fruits Vegetables If you suddenly and drastically cut carbs, you may experience a variety of temporary health effects, including: Milk MAYO Nuts Headache CLINIC Seeds Bad breath Legumes (beans, lentils, peas) Weakness

Healthy Lifestyle

Weight loss

Could a low-carb diet give you an edge in losing weight? Help you keep weight off permanently? Here's what you need to know about the low-carb diet.

· Constipation or diarrhea

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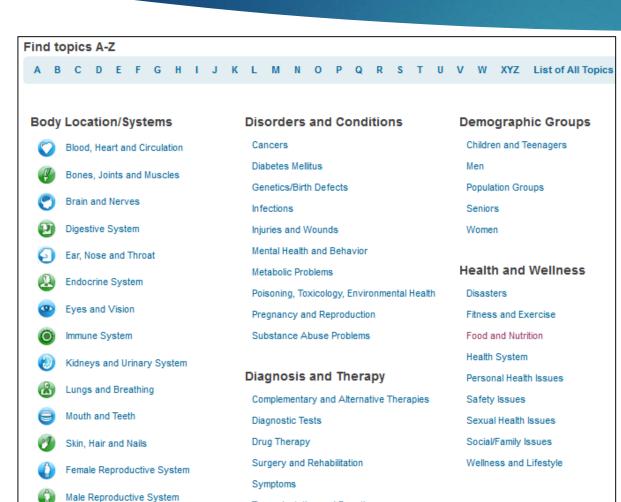


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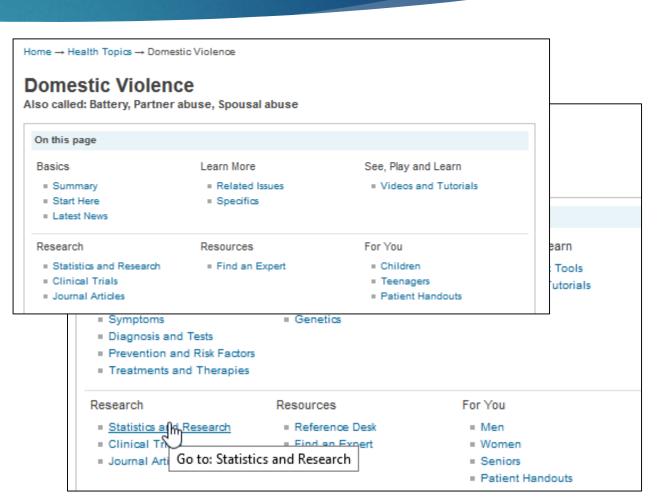
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Learn about your prescription drugs and over-the-counter medicines. Includes side effects, dosage, special precautions, and more.

Browse by generic or brand name:



For FDA approved labels included in drug packages, see DailyMed.

Herbs and Supplements

Browse dietary supplements and herbal remedies to learn about their effectiveness, usual dosage, and drug interactions.



Videos & Tools





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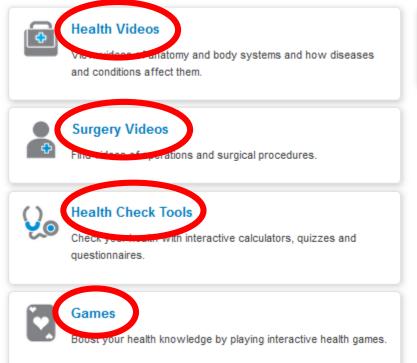


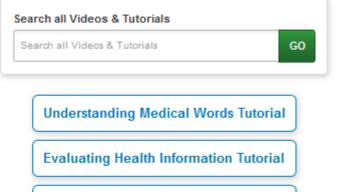






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To Your Health: NLM Update Podcast

Other MedlinePlus Features







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Click the red escape button above to immediately

leave this site if your abuser may see you reading it.



Types of Diabetes
 NH Easy-to-Read (National Also in Spanish)

Home > Violence Against Women > Get help for violence

Violence Against Women

Resources by state on violence against women

Below is a list of resources for women who have experienced abuse.

If you do not find your state in this list, please contact the National Domestic Violence Hotline (NDVH) for assistance in Cyocating programs in your area. You can reach the NDVH at 800-799-SAFE (7233) or TDD 800-787-3224.

Organizations are listed by state. The District of Columbia,

Puerto Rico, and the U.S. Virgin Islands are also included. Click on any state name to jump to its organizations. Click any organization name for program and contact information.

Alabama | Alaska | Arizona | Arkansas | California | Colorado | Connecticut | Delaware | District of Columbia |
Florida | Georgia | Hawaii | Idaho | Illinois | Indiana | Iowa | Kansas | Kentucky | Louisiana | Maine |
Maryland | Massachusetts | Michigan | Minnesota | Mississippi | Missouri | Montana | Nebraska | Nevada |
New Hampshire | New Jersey | New Mexico | New York | North Carolina | North Dakota | Ohio | Oklahoma |
Oregon | Pennsylvania | Puerto Rico | Rhode Island | South Carolina | South Dakota | Tennessee | Texas |
Utah | Vermont | Virgin Islands | Virginia | Washington | West Virginia | Wisconsin | Wyoming

Health Information in Multiple Languages

Use these links to find health information in languages other than English. See our of

Browse information in multiple languages by health topic.

Amharic (Amariñña / አማርኛ)

(العربية) Arabic

Armenian (Յայերեն)

Bengali (Bangla / বাংলা)

Bosnian (bosanski)

Burmese (myanma bhasa)

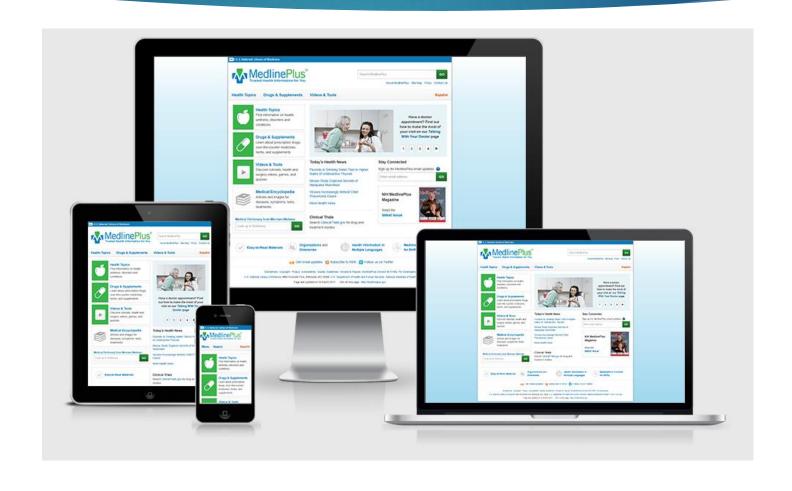
Cape Verdean Creole (Kabuverdianu)

Chinese, Simplified (Mandarin dialect) (简体中文)

Chinese, Traditional (Cantonese dialect) (繁體中文)

Chuukese (Trukese)

Available on Any Device



https://medlineplus.gov/

Please complete a survey

http://bit.ly/MAR-AHEC

Erin Seger- ers166@pitt.edu

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